

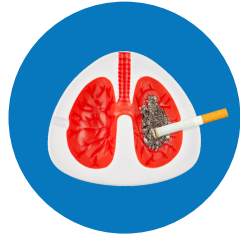
Disease

Nicotine use costs many people their health, and even the health of their loved ones.

Over 16 million Americans are living with a disease caused by smoking.

Smoking causes:

- cancer
- heart disease
- stroke
- lung diseases
- diabetes
- chronic obstructive pulmonary disease



U.S. Department of Health and Human Services

Death

The life expectancy of a smoker is at least ten years shorter than for a non-smoker.

Smoking causes:

- over 480,000 deaths per year in the United States
- over 1300 U.S. smoking-related deaths daily
- 41,000 U.S. annual non-smoking adult deaths from secondhand smoke
- 400 U.S. annual infant deaths from secondhand smoke



U.S. Department of Health and Human Services

Quitting by age 35 can effectively eliminate any excess risk of dying from lung cancer.

JAMA Oncology

Other Resources

The CDC offers free educational materials in English and Spanish to help you quit.

English

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>

Spanish

<https://www.cdc.gov/tobacco/campaign/tips/spanish/dejar-fumar/index.html>



For more information, visit:
<https://www.leeschools.net/prevention>



The High Price of Nicotine Use



It Costs More Than You Might Think



PERSONAL | PASSIONATE | PROGRESSIVE

Prevention Services



Nicotine Product Price

Based on a 1 disposable vape, 1 pod, or 1 pack-a-day habit in Florida

- Disposable Vape - \$2,548/yr
- Pod Vape - \$2,160/yr
- Cigarettes - \$2,781/yr

worldpopulationreview.com

A pack-a-day cigarette smoker in Florida who quits can save \$1277.50 in 6 months

Find out how much you have already spent on cigarettes and how much you could save if you quit with this smoking cost calculator:

<https://tobaccofreeflorida.com/cost-of-smoking/smoking-cost-calculator/>



Hidden Costs

Smokers and e-cigarette users may think about the price of the very addictive products they use, but there are many other costs to consider. Using nicotine products can affect their lives, and their wallets, in more ways than they may think.

Insurance

The FDA labels vapes as "tobacco products" and so do most health insurers. According to the National Institute of Health, users of tobacco products:

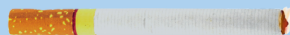
- pay more for health and life insurance
- typically use more medications than non-smokers
- have more car crashes and cause more house fires, and therefore pay higher auto and home insurance rates

Career

Compared to non-smokers, nicotine users:

- take more breaks
- use more sick days
- increase the company's insurance premiums
- are less likely to find a job
- earn less than non-smokers

Stanford University School of Medicine



House and Car Resale

Thirdhand smoke is the residue left on walls, fabrics, and inside cars. It smells like stale smoke, is difficult to eliminate, and may even be harmful.

Smoking in a home can:

- reduce property value by up to 29 percent
- cause renters to lose their security deposit

Smoking in a car can:

- make it more difficult to find a buyer
- decrease the value of a car by 9 percent if sold by a smoker

National Institute of Health

Social

Smoking and Vaping have become:

- prohibited in most public places, such as restaurants, airports, hotels, ballparks, and workplaces
- isolating; users are often required to leave their group to go to an area designated for smoking or vaping

Other Products and Services

Compared to non-smokers, smokers spend more on these personal products and services in order to cover the odor on their breath and clothes, and to repair premature aging of the skin caused by nicotine use.

- whitening toothpaste
- dentist visits
- anti-aging cream
- perfume
- breath fresheners
- dry cleaning

Prepare To Quit

Quitting is hard, but can be easier if you have a plan. These steps can help:

- Commit to Quit by setting a quit date and preparing a Quit Plan
- Know why you are quitting
- Learn to handle triggers and cravings
- Find out how to handle nicotine withdrawal
- Explore your options to improve your chances of success
- Tell your family and friends that you plan to quit

Learn about different tools and how to use them to help you quit at:

www.smokefree.gov